

WISCONSIN  
**WIC**  
HERE FOR YOU

## Winter 2016

- **Whole-wheat pasta**
- **Yogurt/Cheese**
- **Shopping Tips**
- **Rights and Responsibilities**

## What to look for →



## What is inside the App |



110



**AND**



Check for  
messages  
from WIC

Search  
all WIC  
eligible  
products

## What you can do

Search for WIC grocery stores and pharmacies

Scan a UPC barcode  
to see if the product is  
available to purchase

Check your eWIC  
account benefit  
balance

View a map of WIC grocery stores and pharmacies

## **Breastfeeding Corner** **Growth Spurts**

Do you feel like your baby is eating all the time and no matter how much you are feeding him, it's never enough? This is called a **growth spurt**.



Breastfeeding more often is your baby's way of telling your breasts that baby is growing and the breasts need to increase their milk supply to meet his/her growing needs. If you trust your body and follow your baby's lead by feeding when she is hungry, your body will adjust to your baby's needs by making more milk. Giving formula because you feel baby isn't getting enough or to "top him/her off" only interferes with this process and you may actually start making less milk!

Most growth spurts last around 2-3 days, then your breasts will have increased their milk supply and your baby will settle back into a nice feeding pattern. Growth spurts typically happen around the following ages, but can happen at any time:

- 3 weeks old
- 6 weeks old
- 3 months old
- 6 months old

### **WIC Breastfeeding phone numbers:**

<b>Kara 929-3106</b>	<b>Peer Counselors:</b>
<b>Sarah 929-3953</b>	<b>Sarah S. 960-2358</b>
<b>Kathy 929-3198</b>	<b>Bertha 929-6895 or</b>
<b>Marla 929-3152</b>	<b>251-2862 (Spanish)</b>
<b>Amanda 906-4794</b>	



## **Fraud and Abuse**

Did you know giving away, selling or even offering to sell products that were purchased with WIC funds, is considered fraud and abuse? WIC monitors Facebook, eBay and Craig's List to ensure participants are not abusing the program. Penalties for abusing WIC could be repaying WIC back for food that was sold or given away to suspension from the program. It is the burden of the participant to provide proof of purchase if these foods are not purchased with WIC funds.

If you are receiving too much food or have left-over food (formula or baby food); these items can be returned to the WIC office. The WIC office may donate them to a local food pantry for you. Participants are not penalized if they do not redeem all their benefits. For example: if your baby has stopped eating baby food at 11 months, you do not have to purchase it.

Please contact the WIC office with any questions at 920-929-3104.



## **Fond du Lac County** **Immunizations**

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2<sup>nd</sup> Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.

This institution is an equal opportunity provider.